

FOCUS

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Mrs. Eva Smith (centre) for whom the Eva Smith Bursary is named, poses with five of the six recipients of this year's bursary at the 2nd

Annual Awards and Dinner in October. This is just one group doing a little to help kids who want to succeed."

Kafele added that "it's good to

Six receive Eva Smith bursaries from C.C.Y.A.

The Caribbean-Canadian Youth Association (CCYA), the youth wing of the JCA, in a continuing effort to encourage black students to reach for academic excellence, staged the second Eva Smith Bursary Awards and dinner in October.

Six recipients of this year's bursary received \$500 each to help fund their post secondary education. The six were chosen from 15 applicants.

The bursary is named after North York Board of Education Community School Outreach Worker, Eva Smith, known for her efforts to keep black students in school.

CCYA president, Paul Kafele, says the bursary is named after

Smith because "she's like a mother to us (the youth). She's committed to working in the community and she's been doing so for the last 20 years," Kafele said. "We appreciate the work she does and recognize it."

The CCYA raised money for the bursary through various fund-raising events throughout the year. This year's recipients are Christine Brown, Fitzroy Anderson, Carleen Banton, Heather Campbell, Brian Duarte and Ann-Jean Lennox.

Kafele noted that while the bursary is "by no means a solution to problems of black students such as streaming" it helps to give a few young people a "lit-

tle push." This is just one group doing a little to help kids who want to succeed."

Kafele added that "it's good to

see other groups getting involved."

The CCYA honored five youth groups active in the black com-

munity. It paid tribute to the Harriet Tubman Organization, Black

son and Christine Brown. Missing

from the picture is Carleen Banton

Tropicana Community Service

Organization and the Biko-Rod-

Malcolm Coalition.

Seaga's resignation and cabinet shuffle called a game

By GRANVILLE NEWELL

The deck of cards that is the Jamaican Cabinet has been reshuffled, but not to the degree that many Jamaicans had been led to expect.

The use of the term deck of cards is not as frivolous as might appear, since the whole exercise seems to be a game. A game that started when Prime Minister Edward Seaga announced to a retreat of his ruling JLP on Sunday Oct. 12 that he would not seek re-election as party leader at the next party conference in November, and that he would step down as prime minister in August next year. The same night the JLP also issued a news release stating that the prime minister would reshuffle his cabinet.

But back to Seaga's intention not to seek re-election as party leader and to step down as prime minister. He stated after the July 29 local government election, in which the JLP was soundly beaten by the PNP, that there would be changes in the party and that the leadership would come under scrutiny.

If it was on this basis alone that his startling announcement was made, perhaps it would not have met with the scepticism it did from a great many Jamaicans. However, it's not the first time Seaga has offered to resign when confidence in his administration was at an ebb. In fact, he has done it three times, and on all occasions seems to have gotten exactly what he wanted—a vote of confidence.

He used the same tactic in 1973 before becoming party leader, and after becoming leader brought the Bustamante Trade Union to heel by another threat to withdraw. Then in 1979, he withdrew for 20 days, again to gain consolidation of his power.

True to form, when Seaga made his most recent announcement, the JLP retreat voted unanimously not to accept his decision, and "reaffirmed its full confidence in the leadership of Edward Seaga and its support for the policies and the programs being pursued by the government under his leadership."

Since then, several JLP affiliate organizations have



ANALYSIS

TER OF INDUSTRY AND COMMERCE DOUGLAS VAZ, NATIONAL SECURITY AND JUSTICE MINISTER WINSTON SPAULDING AND THE LOCAL GOVERNMENT MINISTER NEVILLE LEWIS, WOULD BE AXED.

As it turned out, only National Security Minister Winston Spaulding was sacked. Industry and Commerce Minister Douglas Vaz was demoted to a minister without portfolio and his ministry added to that of Foreign Trade and Foreign Affairs, headed by deputy prime minister Hugh Shearer.

The prime minister also announced that newcomer Clifton Stone, a trade unionist, had been appointed Minister of the Public Service. Errol Anderson who had been head of this Ministry was shifted. The justice section of the ministry went to Ossie Harding, previously a minister without portfolio. Harding is also Attorney General.

Dr. Neville Gallimore has replaced Dr. Mavis Gilmore as the Minister of Education. She is now in charge of the expanded Ministry of Social Security and Consumer Affairs.

There were some new appointments affecting junior ministries, but the above constituted the major part of the shuffle.

Interestingly enough when he announced the new cabinet, the prime minister made no reference to his intention to resign.

While Seaga headed to Washington for talks with the International Monetary Fund (IMF), Jamaicans are adopting a wait-and-see attitude on how this game turns out. It's not a new game, merely a variation on an old theme. Is Seaga again holding a winning hand? If he is, can this hand take him to success through the general election which can't be too far off now. Most of those making bets are not confident about his hand, figuring that the results of July's local government election were a clear sign that Jamaicans want a change.

Granville Newell is a journalist who has worked extensively in radio and on newspapers in Jamaica and the Eastern Caribbean.

J.C.A. Quarterly Meeting

December 7, 2 p.m.

J.C.A. Centre, 2nd Floor

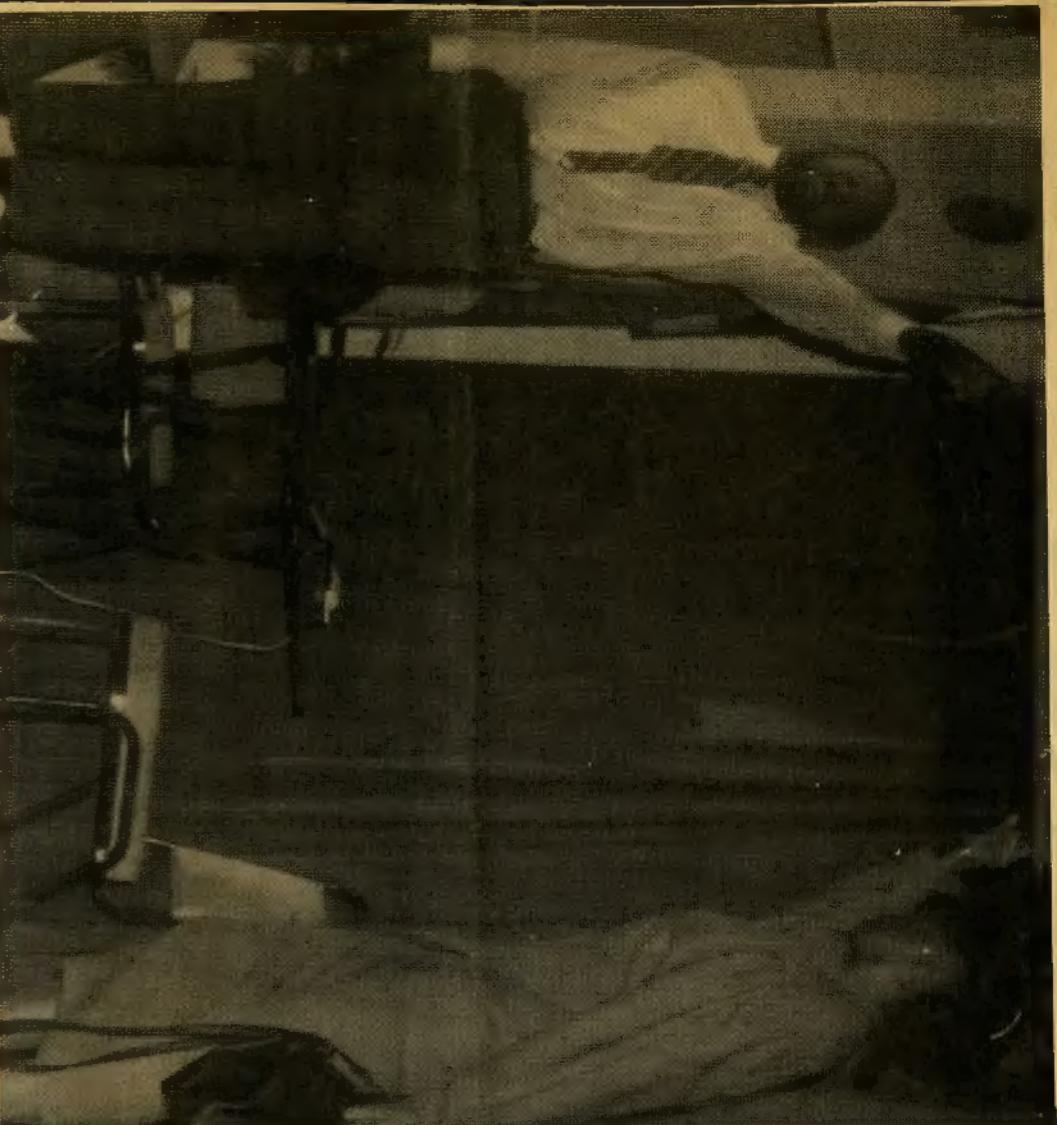
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Curling's independence speech evokes pride



Conference focused on black inmates

By Paul Kafele

C.C.Y.A. President Paul Kafele and C.C.Y.A. Georgia Steele per-

A York University conference was told that the vicious violence and racism perpetrated on black inmates has to be accounted for. Speaking at a conference on Oct. 9 and 10 entitled Understand My Plight—Pros and Cons of Blacks in the Criminal Justice System, Burnley (Rocky) Jones noted that "prison is a reflection of what our society is about in general, and that is racism."

Jones is Executive Director of Real Opportunities for Prisoner Employment (ROPE), in Halifax, Nova Scotia. ROPE helps prisoners to acquire life and employment skills for use in prison and on release. It also acts as a supportive counselling and advisory network for inmates.

In a long-ranging speech that examined the attitudes of the courts, the penal system and the community towards blacks, Jones painted a bleak picture of "what it means to be black in this society."

In Nova Scotia most black youngsters whose family has been on welfare for three generations, come from a depressed neighbourhood and usually have simple parents and a future that has, in most cases, "been already plotted."

According to Jones, the young black person, in trying to fulfill the image of success that society shows him—material acquisition —goes about it the only way he knows how. With no education, job or proper life-skills he often times ends up breaking the law. The cycle therefore continues. The courts have no built-in mechanism for cultural sensitivity and very few black judges. Consequently laws made by a society Jones sees as being racist are interpreted by a court system that is not particularly favor-

able to blacks who come before it.

Jones painted a grim picture of prison and its realities for black inmates. Because of their small numbers in comparison to general white prison population, the black inmate has few resources when confronted by rape, violence and racism.

"One has to understand that prison is a place where violence is the norm. Many violent criminals are together in a restricted area. Something has to give and usually blacks end up getting the rawest deal," according to Jones. The black inmates cannot negotiate because he has no power

Continued on page 7

JCA hosts brunch with Curling

The Jamaican-Canadian Association will be organizing a Brunch with Ontario Housing Minister The Honorable Alvin Curling. The Centre, 1621 Dupont Street.

Curling, a long-time JCA member, will have an opportunity to mingle and talk with members of the black community. The brunch will be a relaxed, informal affair with the minister who is most comfortable in this setting. Admission is \$15 per person. No tickets will be sold at the door. For more information, please contact the JCA office at 535-4476.

By Grace Cameron

With greetings pouring in from various levels of the Canadian and Jamaican governments, and an emotional, patriotic speech from Ontario Housing Minister Alvin Curling, the Jamaican Canadian Association (JCA) celebrated its 24th anniversary and the 24th independence of Jamaica with a weekend-long party.

The first night of celebration and most of the speech making took place Friday, Aug. 8 with a splashy dinner and cultural show held at the centre. The next night's celebration took the form of a musical show and dance set or the young at heart. Dancing to the music of the Jay Donaglas Band, Cynthia Delfina, Jackie James and Karen St. Louis, lasted until the wee hours of Sunday morning.

On the opening night the association received greetings and congratulations from the federal minister of State for Privatization, Barbara McDougal, from the government of Ontario and from the Jamaican government through High Commissioner Leslie Wilson.

Awards for meritorious service to the black community were presented to Mrs. Mae Waese, chairperson of the North York Board of Education, Arnold Auguste, publisher and owner of Share newspaper, Oswald Murray, Consul General of Jamaica and world class sprinter Ben Johnson.

Curling's speech based on Jamaica's motto, "Out of many one people," evoked an emotional response from the packed auditorium. He captured the pride, imagination and emotions of the audience as he hammered home the point that "this small island has had an immeasurable impact on the rest of the world."

Jamaica has nurtured men and women who are moving to the forefront of society, he told

the audience, noting that there are 75,000 first and second generation Jamaicans living in Ontario.

"Ontario is fortunate to have those 75,000," he added. "Just look at the Jamaican-Canadians representing Canada at the Commonwealth Games. And it's not limited to sports. There are doctors, lawyers and teachers. Just think of the impact we're making on this young country."

Curling, himself a Jamaican-Canadian, called Jamaicans heirs of the spirit, pride and independence bred from the heart of a race that survived despite being stripped of its freedom.

It's this legacy and the knowledge of the strength of people who survived and triumphed that drive Jamaicans to excel, the minister noted. He told the audience that "we have the responsibility to those who come after us and to our young people to set a good example...and it's up to the ones who established themselves to help others who are struggling."

He added: "Jamaica taught us there's not anything people working together can't achieve. Out of many one people, it's Jamaica's motto and our dream in Ontario to make this happen."

The evening ended with an hilarious play written and performed by the Caribbean-Canadian Youth Association (CCYA), the youth wing of the JCA.

The audience, noting that there are 75,000 first and second generation Jamaicans living in Ontario.

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Police chairman plays Santa to the Caribbean for years

By Gloria Rizzuti

Looking around his Jarvis Street office one couldn't help but notice that four exquisite photographs of various sunsets hanging in the corner. Truly the work of a professional.

One could easily guess he's also a skier by the several pictures which sit directly below the sunset photographs. Across from that, atop a bookshelf, sits another series of pictures of him posing with people such as Gerald Ford, Raymond Burr and a Chinese dignitary. On that same shelf sits another photograph of him in the 1940s working as a lineman for Ontario Hydro.

"I'm the only protestant to receive an award from the Pope," he says jokingly as he proudly points to a large award which hangs opposite a number of other awards from Ryerson Polytechnical Institute.

This friendly and talkative 62-year old has helped many people and has accomplished more than most people ever could in one lifetime. Clare Westcott, Metropolitan Toronto Police Commission Chairman, was awarded the Bene Merenti Medal of Good Merit by Pope John Paul II in January, 1981 for his many years of assistance to missions in the Caribbean. He is one of the few protestants in the world to receive such an honour.

The only Protestant to receive an award from the Pope.

Westcott, who became Metro Police Commission Chairman in April, last year, is a founding member of the Ontario Government Caribbean Aid Program started in 1963-64, and was asked by the Peterson Government to continue acting as co-ordinator of the program. The Board of Commissioners of Police agreed to let him take the position, which "only requires spending a lot of time on the phone," Westcott said.

"We've never sought out any publicity." He explains because of it being a government program there's a risk with people who don't understand what living in the Caribbean is all about and why the Ontario Government is assisting. Westcott sums it up by recalling what a Jamaican woman once said to him: "It's tough to be a woman in Jamaica."

Over the years shipments of food, hospital equipment, school and educational furniture and materials; and medical supplies—just to name a few—have been sent to the Caribbean. Supplies of tons of blankets, clothing and food were sent to Jamaica this year to help victims of the disastrous floods.

"It started in an innocent and small way." Westcott and former Ontario Premier Davis (then Minister of Education) were approached for help in 1963 by a missionary priest from Toronto working in the hurricane-stricken Bahamas. Surplus school desks were hauled by truck from Toronto to Miami and then flown to the Bahamas. After discovering Canadian Air Force planes flew through the Caribbean on training flights, Westcott

Toronto Police Commission Chairman, Clare Westcott (fifth from left) surrounded by new recruits is a founding

member of the Caribbean Aid Program. The program has sent food, hospital equipment and educational materials to wealth countries, evolved from sending desks, hospital surplus and continued to grow.

Bought back up generator for \$1

"All of this stuff is surplus to our needs," explains Westcott. He reasons if it's cheap enough to ship goods down to countries in need, why not do it.

The Ontario Government has been very supportive of the program which has succeeded over the years because of the interest and support of Prime Minister Trudeau, Prime Minister Mulroney, Premier Davis and Premier David Peterson, Westcott said.

Many projects have developed from the program, some of which have given Ontario students an opportunity to learn about West Indian cultures and at the same time to help them.

School to School, one such project, involved twinning classes in Ontario with classes in the Caribbean. Students would exchange letters and poetry and Ontario students would organize fundraising events for their twin classes. The twinning of classes as opposed to schools was chosen because of the contrast in school sizes, Westcott said. Some teachers involved in School to School raised enough money to bring their students to visit their twin class in Jamaica where they stayed with the families.

"Once they get down there and see it, it is the greatest thing." It gives Ontario students an opportunity to realize what they take for granted which often "brings them to shame," Westcott said.

Westcott was also responsible for organizing a walk-a-thon about 16 years ago at his hometown high school in Seaforth, Ontario which raised \$1,200 for a school in Seaforth, Jamaica.

Another fundraising project started more than 10 years ago to raise money to build a school in St. Vincent, where a volcano eruption occurred, raised \$60,000 by students who were asked to buy a brick for a dime. Other projects have included collecting eye glasses, hearing aids and school supplies.

Another similar program of twinning hospitals was formed with the Ontario Hospital Association. Westcott is responsible for supplying a hospital in Jamaica with a back-up generator which he purchased for one dollar. He is also responsible for shipping down an entire 200-bed hospital.

Few people are aware of Westcott's involvement in the Caribbean Aid Program which he describes as being "a lot of fun." The Ontario Government has surplus supplies which are unusable by its standards. One example is ambulances.

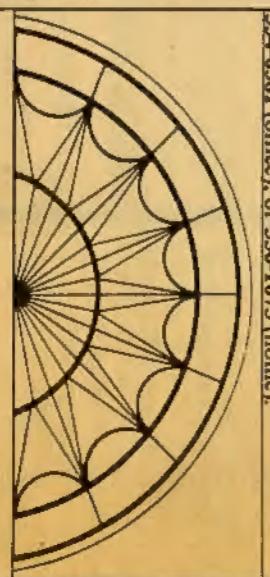
"They are worn out by our standards," he explains.

ANNOUNCEMENT



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Caribbean Youth Program—caring through action

By Paul Kafele

How can a Black Human Services Organization continually meet the needs of a community that is growing and is becoming increasingly multidimensional? "With much perseverance and commitment," according to Kersley Peters, Co-ordinator of the Caribbean Youth Program (CYP).

Sponsored by the JCA, CYP is located in the midst of the Jane-Finch community. Despite the sometimes stressful environment of the Jane-Finch corridor, the staff at CYP approaches its work with a determined and positive frame of mind. "It gives you a good feeling working with kids and seeing them improve their outlook and their personal situation," says Vidal Regisford, who is one of the community workers with the program. "Human service delivery always has that capacity."

The CYP was established in 1984 to provide services to black youth between the ages of 12 and 24 and who live in the Jane-Finch area. Some of the concerns of the youth identified include:

- Problems of adjustment and acculturation
 - Parental conflicts
 - Housing
 - Employment
 - Problems with authority structures, i.e. police and school
 - Substance abuse e.g. marijuana
 - Teenage pregnancy
- According to Peters, CYP tries to be as efficient and productive in addressing as many of these problem areas as possible. He maintains that most young people "just need positive role models and a place they can turn to if they are having particular difficulties."

He sees CYP as making great strides in becoming that kind of outfit. CYP offers a number of programs toward that end such as leadership training and social development, peer support group counselling, computer literacy, fitness and jazz classes and the annual summer program.

CYP has a housing registry to assist those looking for long-term accommodation.

CYP social worker Joyce Ofori is especially concerned about leadership in the community and the young people who might have it.

"There are quite a few youngsters who will do quite well and be very responsible if only given an opportunity," she said. The leadership training and social development program aims to do that.

Young people help to plan and organize activities which include basketball, volleyball and jazzercise classes at Oakdale Junior High School on Wednesday evenings. Participants are usually students, probation clients, past participants in CYP's summer program, or young people who are interested in assuming responsibility. There is a group discussion on leadership readiness and dealing with specific crisis situations. According to Peters, the program has gotten off to an excellent start. The average attendance is 60 per session.

CYP recognizes some of the problems encountered within the school system by black youth. Their approach is three-pronged. The first approach is tutoring classes (under the Language Development Program) on Saturday mornings at the office. This program helps those in special education and those who might only need remedial help in language literacy, numeracy skills, cultural re-enforcement and communication. The sessions are intensive and supervised by two qualified teachers: Marilyn Chang and Pamela Holder.

The second prong is the Peer Support Group that involves about 10 junior high schools in the area. Most of the schools have a large percentage of black students.

Teachers, school outreach workers, parents or guidance counsellors can identify or recommend students having adjustment problems in the school setting. CYP then organizes sessions with 10 students at a time from each school. These sessions include discussion dealing with issues of concern to the youngsters. Topics like authority figures, sexuality, attitude towards school, relationship with family and role playing are tackled.

By being in a group setting where they are comfortable, and interacting with black youth in their age range, the students "begin to confront some of the critical issues that

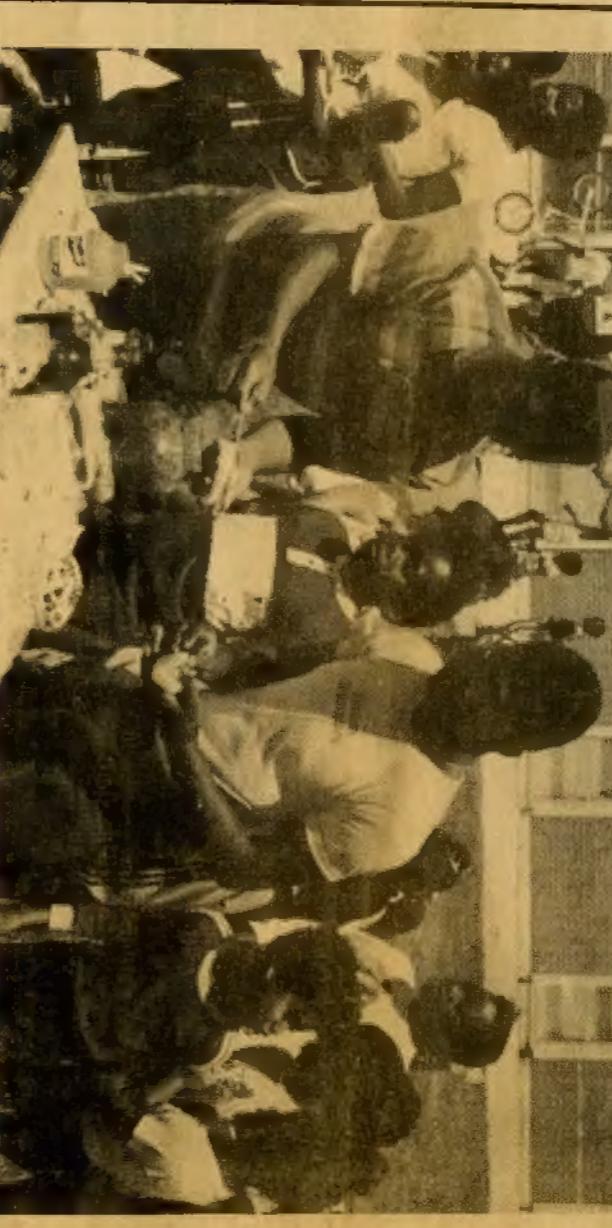
impact on their relationships at school and at home," according to Peters. CYP staff lead and facilitate these adjustment problems in the school setting. CYP then organizes sessions with 10 students at a time from each school. These sessions include discussion dealing with issues of concern to the youngsters. Topics like authority figures, sexuality, attitude towards school, relationship with family and role playing are tackled.

The program is usually run from Oakdale Junior High and is one of the most effective and highly-regarded summer activity alternatives in the Jane-Finch community.

Like a proud father, Peters speaks of the young people who have passed through the program, matured, had a record number of kids."

The program is also one of the most effective and highly-regarded summer activity alternatives in the Jane-Finch community.

Like a proud father, Peters speaks of the young people who have passed through the program, matured, and gone on to bigger things.



C.Y.P. co-ordinator Kersley Peters serves up hot dogs for youngsters in summer program.

This increasingly technological world," notes Peters, "and they will be left behind if we don't start the process early." CYP is still looking for a capable older student to encourage the timetable and monitor the use of the computers which are shared by other community groups and the school.

The Jane-Finch outfit also runs health and fitness classes out of Driftwood Community Centre twice a week. Regisford organizes the classes for older youth. They discuss nutrition, health and hygiene as well as lifting weights and taking part in exercise classes. Regisford believes this program is also helpful "Keeping some of the young people off the streets" while getting them to participate in enjoyable, beneficial activities.

"It gives you a good feeling working with kids and seeing them improve their outlook and personal situation."

"Computer literacy is essential for our young people in this increasingly technological world," notes Peters, "and they will be left behind if we don't start the process early."

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HALLOWEEN WITCHES' BREW

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ENTERTAINMENT: Avril Spence and Lucy Lafontaine on Flute

• Storytelling
• Face-Painting
• Games
• Singing
• Prizes for best costumes

ADULTS — \$5, Children — \$3 (2 or more)

DATE: Saturday, November 1st 3 pm.

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REXDALE WOMEN'S CENTRE

MAKING CHANGES COURSE—A job search skills is being offered by the Rexdale Women's Centre. You will examine your

skills, learn to write a resume, practise job interviews, get information on training and retraining programs, practise English and build self-confidence. The course will be held on Oct. 28, 29, and Nov. 4 & 5 at the Albion Community Centre, 1485 Albion Road (at Kipling). The course is free and free child-care is provided. For more information and registration contact the Centre at 745-0062.

Rexdale Women's Centre is offering a short course on Women's Health. Topics will include: the health-care system, patients rights, pre-menstrual syndrome, the reproductive system, and menopause. The course will be held on Tuesday, October 28 at Rexdale United Church (Islington and Elmhurst). There is no cost and childcare is free. For registration and more information contact the Centre at 745-0062.

So you think you're a good listener—read on

An important part of effective communication is learning to listen and listen well.

Do You Think You Are A Good Listener?

If you do, answer the following questions.

Do You

- Listen for facts when someone is speaking?

- Write down things to remember as you are listening to what is being said?

- Have the insight to know by a person's delivery and appearance that he/she won't have anything worthwhile to say?

- Try to get the question straightened out immediately when you are puzzled or annoyed at what someone says—either in your own mind or by asking the speaker? If you have answered yes to any of the above questions **YOU DON'T KNOW HOW TO LISTEN.**

The truth of the matter is this: "Immediately after the average person has listened to someone talk he remembers only about half of what he has heard." Most of us do not know how to listen well. What is even more critical is that we spend 70-80 per cent of our day in communicative activities such as reading, writing, talking, and listening. Nine per cent of that time is spent writing, 16 per cent reading and 30 per cent talking and 45 per cent listening.

Although surveys indicate we spend almost three times as much time listening as reading—the other important means by which we receive information—little attention is given to training people how to listen. On the average, reading usually receives 52 per cent of the emphasis in classroom instruction and listening a meagre 8 per cent.

Central Hospital serves up Caribbean and ethnic foods

Hospital food has never had much zing. But Central Hospital, where multicultural health care is the specialty, serves up Caribbean and other ethnic foods along with the traditional hospital fare.

The 176-bed hospital, tucked away on Sherbourne Street across from Allan Gardens is one of the city's best kept secrets.

Founded 30 years ago by Hungarian brothers Drs. Paul and John Rekai, Central has been a pioneer in multilingual and multicultural health care in Canada. It's recognized as a national leader in this field, and its method of caring for people from a wide range of backgrounds are now widely used across the country.

The vast communication problem between health care professionals and thousands of new Canadians which the Rekai brothers recognized in the late 1950s, has become more crucial in the face of Toronto's rapidly expanding ethnic community.

The city's Anglo-Saxon community is now outnumbered by the various ethnic groups, most of which do not have English as a mother tongue. This is reflected in Central Hospital's statistics, where 70 per cent of the patients were born outside Canada, and of these, 20 per cent require language assistance.

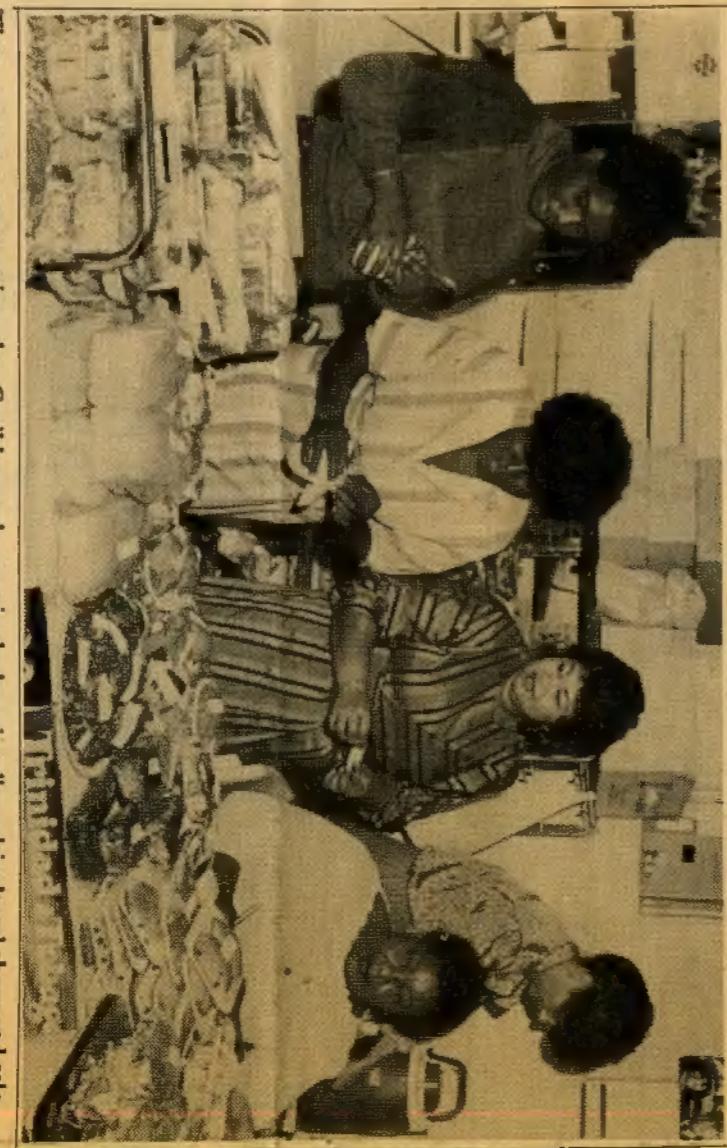
The hospital which has developed a loyal following in the ethnic community gets most of its patients by word of mouth and

referrals from agencies and doctors. It boasts of a staff that can communicate in more than 35 languages, at no additional cost. "We do not hire professional translators," explains Teresa Suchocka, Director of Social Services. "When we hire staff, another language is always an asset." Suchocka notes that there are Jamaicans and West Indians on staff who can help people from the Caribbean to communicate more effectively. The system works, she says, because staff members like the Spanish interpreter who is also the bookkeeper, handles procedures such as admitting patients, filling out questionnaires and helping in the daily communication between patients and other staff members.

The hospital goes even further to ensure proper communication and care however. Three times a week, folders are compiled in various languages and given to the interpreters who visit patients to make inquiries on any questions the patients may have.

The most frequently used languages at the hospital are Spanish, Portuguese, Italian, Greek, Cantonese and Hungarian, Suchocka says. The hospital has now added Vietnamese because "we're now seeing a number of Vietnamese patients."

Suchocka believes that services such as language assistance and special diets geared to some ethnic groups are important, and a



These women representing the Caribbean take part in the hospital's multicultural show and sale.

tremendous help to the approximately 200,000 in-patients treated since its opening, and the 35,000 out-patients seen annually at the clinic.

Other staff members and patients believe there is a warmth and friendliness that is radiated from this institution because of its dedication to overcome cultural barriers.

"Even the walls radiate this

PLANNED REBUTTAL, INTERRUPTION you miss the real point.

5. DISMISSING A SUBJECT AS UNINTERESTING. It is hard to remain objective. All of us close our minds to certain topics if they are difficult to understand or uninteresting. But... This is where I have problems..."

6. CRITICIZING A SPEAKER'S DELIVERY AND APPEARANCE.

7. PRETENDING ATTENTION.

Making yourself comfy

Turning glassy eyes to speaker

Pretending to listen

In case you didn't know, "Listening requires an expenditure of energy which is recognized at least unconsciously" by the speaker."

8. YIELDING TO DISTRACTING. If you have not developed a listening strategy that works, distractions will drag your mind away from what someone is telling you. See: AVOID #1.

9. PENCIL AND PAPER LISTENING. By becoming involved in the physical act of writing you immediately assign yourself to non-listening status since what you are really doing is writing.

10. PASSIVE LISTENING. Assume your listener wants more than your physical presence he/she wants you to actively participate in the communicative activity.

Drop the pencil

YOUR ADVANTAGE.

Anticipate
Summarize

Weigh the evidence.

2. LISTEN FOR MAIN IDEAS

Try to recognize relationships between the facts

Go after the central idea

3. ANALYZE YOUR HANG UPS.

Watch your reactions to words you react irrationally to.

Identify the ones that bother you.

Analyze them and find out why they upset you.

4. USE SELF CONTROL

Always listen a person out

Stop and think for a while

Then plan your rebuttal

5. SEIZE FOR YOURSELF UNIQUE IDEAS.

Some subjects may be uninteresting to you but

even the most boring topic has

some idea or new knowledge to offer. Take some of it for yourself.

6. RESPECT THE HUMANITY OF OTHERS

All of us, irrationally, have some words that make us break out in cold sweat. If you are reacting emotionally to what is being said it makes it difficult to listen effectively.

4. SUPERSENSITIVE LISTENING.

Like me, if you've developed deep seated opinions or prejudices a person talking to you may unwittingly stamp verbally on your mental toes. Then, PAIN,

7. STOP THE PRETENSE.

Stop the pretense and really listen.

8. CONCENTRATE

Keep your mind busy with what the speaker is saying.

9. LISTEN FIRST, WRITE AFTER

A good listener fights distractions and focuses his/her attention.

10. PAIN IMMEDIATELY Ask For: Need a Friend, 765-4321.

DO

Listen for main points/ideas

If you feel something needs to be

written down, do so afterward.

10. ACTIVELY LISTEN

Appropriately become involved in the conversation by using nods—in the right place—Appropriate phrases of empathy, agreement... understanding etc. and when necessary physical contact.

If you have really been listening this is easy to do without it feeling like an exercise in pretense. This is not the same as AVOID #7.

something that takes a lot of practice as well as sincere evaluation of your abilities. It's sad but most of us come from educational backgrounds where little emphasis is put on developing listening skills. Therefore, we must take the initiative.

All of us can become better listeners. This article has outlined a few of the bad habits to avoid and has also given some guidelines that will help you to develop better listening skills. But, they will be of no use to you unless you practice good listening.

The ability to concentrate is vital to becoming a good listener. When you remember, choose something to listen to, whether it's a voice, an album, a machine or silence. Just pick something PUT EVERYTHING OUT OF YOUR MIND—AND CONCENTRATE.

If you'd like to enhance your listening skills and would like a copy of the article by Dr. Ralph Nichols and Leonard Stephens call 535-4476 or write:

JCA
"Lend Me Your Ear"
Jamaica-Canadian Centre
1621 Lansdowne Ave
M6P 3S8

Celebration '86 rolls into Metro Toronto

Celebration '86 arrives in Toronto for three concerts, Saturday Nov. 1 at 4 p.m. and 8 p.m. and Sunday Nov. 2 at 7 p.m. The Saturday shows are at Earl Haig Secondary School in Willowdale (100 Prince Ave.) and the Sunday show is at Sir John A. McDonald C.I. (2300 Finch).

The concert of Caribbean Music composed by Father Richard Ho Lung of Kingston, Jamaica, will be performed by the group, "Friends of Father Ho Lung."

Proceeds from Celebration '86 go to community development projects run by the brothers of the poor and sponsored by the Jamaican Self-Help Organization of Peterborough.

As well as the three concerts in Toronto, the group will perform in Peterborough on Nov. 7 and 8 at St. Peter's Auditorium.

For tickets and more information contact the JCA offices at 535-4476 or the Jamaican Self-Help Organization at 491-1142 or 299-4057.

Fr. Richard Ho Lung (centre) will be in Toronto for a series of concerts to help Jamaica's poor.



Westcott responsible for pulling together Aid Program

From page 4
and radio and television arts. He worked for Ontario Hydro and several newspapers before moving to Toronto where he began working for the now defunct Telegram, which he left to work for the Conservative Party leader and then Premier of Ontario, Leslie Frost.

He became the Executive Assistant to Minister of Education Bill Davis in 1963 and in 1965 took the position of Executive Assistant in the Department of University Affairs. Westcott is credited for the original idea for the "Science Centre" and in 1965 was made an honorary citizen of Florida.

In 1969 he received an award presented each year by the Ontario Educational Association to the one person felt to have made the greatest contribution to education in the province. In 1971 he was appointed Executive Director of the Office of the Premier with rank of Deputy Minister.

In 1977 he was honoured with an award in recognition of his efforts to raise money for underprivileged children. He is a legal guardian and he and his family adopted a Vietnamese refugee family of eight in December, 1980. In 1981 he was awarded the Bene Merenti Medal of Good Merit by Pope John Paul for his work in the Caribbean.

Shortly after his appointment as Metro police chairman from parts of the Caribbean to get their support for the Ontario Government Caribbean Aid Program.

Westcott, an avid skier and swimmer, has also had his pictures and stories published in major magazines and newspapers in Canada in recent years. The U.S. consulate in Toronto held a month-long exhibit of 200 of his photo-

graphs, and a number of his prints have been on display in the CN Tower and at Columbus Centre. He is also an amateur painter and for years some of his work hung in Parliament Buildings in Toronto.

Westcott is also a member of The Royal Canadian Military Institute, the United States Naval Institute and the Canadian Institute of Strategic Studies. He and his wife Virginia, grandparents of three, live in Scarborough. It seems over-achievement is a trait Westcott has successfully managed to pass onto his nine children.

One of his three daughters is New Zealand's top TV reporter and after two years has received an award which is "the equivalent to the Academy Awards," Westcott said. Before going to New Zealand she worked for the CBC in Vancouver where she helped to break the Olson murder case.

Another daughter is the first woman to become a sea-man in Ontario. It was something she had to fight for, Westcott said. She has sailed the oceans and lakes, has had an article published about her in National Geographic and has reached her accomplishments with only a high school diploma. The mother of a 5-year-old, she is now expecting twins. Westcott's third daughter went directly from high school to the Lotter Corporation, where she has been successfully ever since.

Westcott's eldest son is the executive director for the Ontario Wine Council and another is with the Toronto Transit Commission. His 21-year-old son is a business reporter for the Toronto Sun, a position which started as a summer job.

JCA needs more members to meet goal

BY WINNIE GREEN

The membership committee extends greeting to all members and friends of the J.C.A. Our goal for 1986 was to double our membership. Although we have had a steady flow of new members, we are still a little ways from this goal. Those of you who read and enjoy our paper but have not taken out or renewed your membership please complete and mail the application form you find in this issue of In-Focus.

If your address or phone number has changed—or if you have not been hearing from us please give us a call at 535-4476 or drop us a line. We want to know where you are and to keep in touch.

A J.C.A. bowling group has been recently organized. Our first meet is Nov. 7 at 8 p.m. at Dufferin Mall. We also plan to have informal social activities at the centre afterwards. If you are interested please call the office or call 281-8433 and leave your name and

number. We will get in touch with you as soon as possible.

Remember the J.C.A. Centre is helping to build our sense of community. You can play your part by participating in any number of programs we have e.g. education, health, seminars, youth activities, seniors activities, brunches, socials, etc.

Remember also, that you are welcome to submit any articles or comments you might have about the organization or our newspaper.

Rental Units Wanted!!!

Have a place to rent to students and employed youth?

Needed:

Apartments, Rooms, Basement Units

Please contact: Rev Laidley or Yhulan Walters At: Caribbean Youth Program, 2885 Jane St., Suite 12A, 636-8367

Sound Idea has recently returned from a 10-day fundraising tour of Jamaica and dey Hot! Hot! Hot!

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Employment and
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Black inmates get raw deal

From page 3

base. He can either choose isolation or get protection by acquiescing to homosexuality—being a "bumboy".

Jones recommends, based on his experience with inmates, that the prisoner mind his own business as much as possible and try to develop power blocs with other minority groups as well.

With few variations, Jones thinks that the situation is applicable right across Canada for blacks.

"Even though the conference is not about assigning blame, somebody has to be blamed," he said. "The reality is that violence against blacks is condoned by whites—both fellow prisoners, guards and administrators.

Blacks need advocates in the system."

The conference was organized and developed by the Black Inmates and Friends Assembly (BIFA) and examined a number of issues including special needs of black inmates, black young offenders, police and community relations, racism in the justice system and delivery of culturally-sensitive services to combat racism in prison.

According to Bev Folkes, conference co-ordinator, one of the most encouraging aspects of the conference was the turnout of officials from the Ministry of



Rocky Jones

Correctional Services, Correctional Services of Canada, Metro Police, Ontario Human Rights, Race Relation Division and other government bodies—"people who hopefully can help to make some real changes."

Folkes was further encouraged by the large turnout (the Senate Chambers and workshops were packed) and the fact that "people spoke to some of the real needs and recognized the facts surrounding black inmates."

The conference was attended by more than 40 agencies, organizations and community groups.

Laura Mueller, another BIFA organizer, saw the conference as

an opportunity to collect data for research and resource and to "sensitize the system to the very real and alarming situation that exist." She was especially impressed with the range of recommendations that came out of the workshops and plenary session. These include:

- Pressuring the Government to make system adhere to Human Rights code.
- Promoting dialogue and understanding within prison groups via meetings, films, workshops.
- Educating authorities about the nature of the black extended family so they can be more sensitive regarding prison visits.
- Making authorities aware of some of the special needs of black inmates—food, hair products, music, etc.
- Providing community support network for inmates eg. more initiatives like BIFA.
- Developing a fair and representative complaints management system.
- Developing mechanism for getting black inmates to participate in development of policy affecting them.

BIFA addresses the needs of black inmates in the Penal System and offers supportive counselling, pre-employment training, cultural material and family support services. The office phone number is 653-6018.

JCA Upcoming Events

Sunday, November 23	Alvin Curling Brunch
Sunday, December 7	J.C.A. Quarterly Meeting
Sunday, December 21	Children's Christmas Party
Wednesday, December 31	Annual New Year's Eve Ball

For information, tickets and update please contact the office at 535-4476. Please clip and save.

Advice for Jamaicans returning home

Advice for Jamaicans

returning home

A Jamaican returning to the island after living abroad for some years is allowed to bring in, duty free, his personal and house-hold effects. However, these must have been in his/her possession and use for a reasonable time. The goods may be sent either two months before or after the arrival of the returning resident. **GOODS MUST BE COLLECTED BY THE PERSON RETURNING.**

Items exempt from Customs Duty include reasonable quantities of apparel—used clothing (no specified amount); new clothing (small quantities allowed); articles of personal adornment; toilet requisites; *from duty*.

in your Special Annual \$100 Building Fund Assessment. This I am happy to announce, is Charitable Donation which is tax deductible. Please do it. Thanks.

1987 to Be a Banner Year
The year 1987 promises to be a banner year for the JCA and Jamaicans generally. It will be the 25th Anniversary of the formation of this association as well as the 25th Anniversary of the emergence of Jamaica as an independent country. We plan to celebrate in a very big way. A number of Jamaican organizations—clubs and associations will co-ordinate their major activities and promote some special events to highlight the achievements of Jamaicans in this country over the past 25 years. One of the things we propose to do is to publish a commemorative booklet or magazine to document our presence here. I am now making an appeal to all members of the membership of the Association. Old members, however, are not as diligent as they should be in renewing their annual memberships and even less diligent in making their required contributions to the Building Fund. I would like to gently remind you that this is our individual obligation and responsibility to come up with the funds to pay for this building and the day-to-day operations of the association. I am asking you again, please, before the end of the year to send

values in our young people. It is only be developing true appreciation of their past and our accomplishments as a people that black youth will begin to develop the necessary self-confidence and pride to function in this system without feeling the need to ape Michael Jackson or Prince.

In short, we in the CCYA believe Educational Bursaries are important in terms of the development

of our community. Educational awards do deserve the support they have been getting from the community to date. We do believe that our community has a responsibility to encourage, educate and instill pride in our youth. Bursaries represent a part of the solution to the crisis in the education of black youth—lest we forget.

From the President's Desk

Coming Events
The third quarterly meeting of the JCA will be held on Sunday, Dec. 7, 1986. You should plan to attend this meeting. The nominating committee will be selected at this meeting. This is the committee that selects candidates who will be the officers of the JCA in the coming year. New faces and bodies are needed. Please make yourself available to serve the association.

You are solely needed. The Children's Christmas Party will be held on Sunday, Dec. 21, 1986. This has always been enjoyable for the entire family and especially the children in our community. The numbers seem to grow and grow with each passing year. We are therefore asking for some help this year with donations of gifts and toys or money to purchase toys and other treats for the children. You may want to check with the company for whom you work. They may be willing to contribute some things to help make our Christmas Party even more pleasant for the children.

Enough said for now. I look forward to seeing you at the next function or meeting. Remember you the members are the most important part of this organization. Your association needs you.

BY ANTHONY HENRY
PUBLIC RELATIONS OFFICE
**CARIBBEAN-CANADIAN
YOUTH ASSOCIATION**

Over the past year we in the black community have seen a proliferation of Education Bursaries aimed at encouraging academic excellence among black youth. We have seen the Harry Jerome Awards become a veritable institution in our community. In addition to this we now have the Eva Smith Bursary, the Harry Gairey Scholarship and the John Brooks Scholarship.

We also have educational awards offered by other groups such as the United Achievers of Brampton, the Toronto-Sydney Association, the Canadian Caribbean Excelisor Fraternal Association and the Jamaican Canadian Association.

While the trend is laudable and deserves our continued support we should not, as people become too caught up in the glitz and glamour, or the political and social sexiness associated with awards functions to the detriment of the real issues in the education of black youth. The intent of this article is to re-emphasize from the point of view of one of the organizations promoting educational bursaries why we do so.

For the Caribbean-Canadian Youth Association (CCCYA) we see the Eva Smith Bursary and other bursaries, on the one hand, as rewarding the hard work and academic discipline of black youth in the school system. We think it is important to offer encouragement especially when this may not be forthcoming from peers or from home. However, an even more important role of bursaries is to focus the minds of more black youth on the absolute necessity of a post secondary education.

From page 2

In the CCYA we focus on the education of black youth because we see the systematic streaming of black youth into level 4 programs and the consequent low self esteem and low achievement of these young people as detrimental to us as a people in this society. Level 4 programs essentially stream our young people into the lower paying, subordinate segment of the labor market. While there is nothing wrong with earning an honest living in whatever field one chooses, it is injusit for our young people to be over represented in these (level 4) programs as is currently the case. We recognize that we cannot all be managers or all

occupy the upper echelons of the labor force. Level 4 limits the options and the marketability of our young people, many of whom should not be there in the first place. As a community this is one of the more pressing issues that we should be constantly vigilant about.

We in the CCYA recognize that there is a certain degree of scepticism about the benefits of higher education in our community. It is important however that we remain as competitive or even more competitive educationally in order to make it in this society. We have to encourage more people to take Sciences, French, Mathematics and Computer Science. If our young people are not computer literate or proficient in French in the next few years then they will be denied many opportunities. Therefore, the aim of stressing higher education is not to create an educational elite, but rather to encourage black youth to function with confidence in an increasingly complex and technological society.

We stress education not only because we want black youth to be competitive but because we believe it will help them to understand